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# NUTRITION COMMITTEE NEWS

For exchange of information on nutrition education and school lunch activities.

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## FOR A SAFE AND NUTRITIOUS FOOD SUPPLY

U. S. DEPARTMENT OF AGRICULTURE

This country enjoys an abundant supply of nutritious foods. To keep these foods free from contamination and deterioration, and to make sure that they are correctly represented to the consumer, is the responsibility of Federal, State, and local agencies. Brief descriptions of some consumer protection activities of the Federal Trade Commission (FTC), Federal Security Agency's Public Health Service (USPHS) and Food and Drug Administration (FDA), and the U. S. Department of Agriculture Meat Inspection Service (USDA) follow. Mentioned also are some studies relating to food protection made by the National Research Council's Food and Nutrition Board (NRC).

### FEDERAL TRADE COMMISSION

The FTC has jurisdiction over *advertising* to prevent the dissemination of false or misleading claims for foods, drugs, cosmetics, or devices sold in interstate commerce. FTC works closely with the FDA, which has authority over what is said on the *label* or on *materials accompanying the product*. FTC learns about offending statements through complaints made by consumers, competitors, and from continuous scrutiny of national advertising.

You can help. If you question statements made in advertising, send information about them to the Federal Trade Commission, Washington 25, D. C. If the advertising is printed, send a clipping identified by source, date, and place of publication. If advertising is on a radio or TV program, give the date, broadcast time, station, and circumstances. The Commission's staff will then check the information, have necessary chemical or other tests made, and proceed according to their findings.

When advertised claims cannot be substantiated, FTC usually cautions the advertiser first and gives him an opportunity to abandon the deceptive or misleading practice. If he continues to make offending statements FTC may bring suit to prohibit the dissemination of such statements or may refer the case to the Attorney General for institution of a criminal penalty suit.

### FOOD AND DRUG ADMINISTRATION

**Enforcement.**—The FDA in the Federal Security Agency is charged with enforcement of the Food, Drug, and Cos-

metic Act and other laws to promote the purity and honest labeling of foods and drugs. The 16 FDA district offices, ready with fully equipped testing laboratories, are responsible for maintaining surveillance, each in its own area, over products subject to the Act shipped in interstate commerce. They inspect sanitary conditions in industrial plants processing food or manufacturing drugs and cosmetics, examine raw materials used, and check on the controls exercised in compounding, processing, and packaging products. They also see that products are named, labeled, and described truthfully. Foods intended for infant feeding, the control of body weight, or for use in the dietary management of disease must give full information on the label about the value of the article for its intended uses.

### Positive Steps to Provide Correct Food Information

A strong program in nutrition education was recommended by the Interagency Committee on Nutrition Education and School Lunch, after study and discussion of the false and misleading information coming from the platform, over the air, and through the printed word. It was suggested that the public be assisted by giving them—

1. Sources from which to get correct nutrition knowledge (See January NCN). Where there are State and community sources they should be played up.
2. Facts about foods and nutrition in simple and effective form, using good publicity techniques.
3. Information about what is being done to insure a safe and nutritious food supply—federally, Statewise, and locally.

To bring themselves up to date on the last point the ICNESL invited representatives of the Federal Trade Commission and the Food and Drug Administration to describe some of their food programs to protect the consumer. They brought out the facts given in the accompanying article.

A product in interstate commerce suspected of not meeting requirements of the Act is examined when it reaches its destination. If the shipment is in violation, the facts are reported to the Department of Justice with a recommendation for seizure, criminal prosecution, or injunction action in the Federal Courts. For example, a fine was imposed on the operator of a mail order business which promoted sales of crude molasses by a booklet stating that blackstrap molasses would prevent or cure 27 diseases, two of which were cancer and heart disease.

FDA district offices also inspect imports; if they do not comply with the United States standards they are not admitted.

To aid manufacturers in complying with requirements of the Act, the FDA, when requested, advises on labeling, manufacturing procedures, sanitary controls, and other problems. Its recent publication, *Read the Label*, urges consumers to do just that before choosing foods, drugs, and cosmetics.

*Standards of identity.*—The FDA also formulates legal definitions and standards of identity and quality for food in the interest of protecting consumers. To do this FDA

makes intensive study of food composition, trade practices, and consumer understanding. Selected for definitions and standards are many staple foods in the American diet, including foods to which nutritive substances may be appropriately added. For the latter, standards of enrichment are specified to preclude partial or unnecessary fortification which would be misleading to purchasers or contrary to their nutritional needs. As an aid in setting standards of identity in enriched and fortified foods and in drugs, and to use as a base for label claims, FDA has established a set of minimum daily nutrient requirements. Since these are minimum requirements they are lower than the recommended dietary allowances established by the Food and Nutrition Board as desirable objectives for adequate nutrition.

Nutritionists are invited to participate in the food standards program, both as advisers in the formulative stage and as participants at the public hearings the Federal Security Administrator holds before he promulgates the legal standards. Many outstanding nutritionists were called by FDA to supply scientific knowledge or give expert consumer opinion during the bread, flour enrichment, and other hearings.

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## CHEMICAL ADDITIVES IN FOODS

The importance of determining the effect on human health and well-being of chemical additives in foods increases as science brings forth new chemicals to protect and improve the food supply.

"Additives" are defined as chemicals incorporated into foods during growing, storing, or processing stages. They are "incidental" when they are residues of pesticides required for production of crops or are otherwise introduced accidentally. They are "intentional" when added purposely to preserve or improve the quality of a product. Artificial coloring, synthetic flavors, sweeteners, mold inhibitors, bactericides, antioxidants, emulsifiers, and minerals and vitamins are among the intentional additives.

One of the groups studying this question is NRC's Food Protection Committee appointed in 1948 to review and summarize available information on the proper use of both incidental and intentional chemical additives. Its report, *Use of Chemical Additives in Foods*, is listed under Mater-

ials. It contains valuable information for answering questions and counteracting misinformation.

Another group is the House of Representatives Select Committee to Investigate the Use of Chemicals in Food Products, usually known as the Delaney Committee. It is holding hearings to determine whether new legislation is needed to control the addition of chemicals to foods. Among others, representatives of industry, consumers, and government, including the Food and Drug Commissioner, have given testimony.

Industry too is concerned. In January the Manufacturing Chemists Association, Incorporated, sponsored an industry conference in New York City to discuss this problem. Government representatives participated.

States are taking action. Forty have legislation controlling the use and sale of chemicals. Standardization of such laws would facilitate the movement of chemicals in interstate commerce.



## U. S. PUBLIC HEALTH SERVICE AND STATE HEALTH DEPARTMENTS

The USPHS gives technical, consultative, and advisory assistance to State and local health departments which has primary responsibility for food sanitation programs, except where specific problems of interstate nature are involved. The USPHS also works with the milk and food industries and with other Federal agencies.

It carries on field studies and investigations of technical problems necessary to the development of control procedures, techniques, and sanitation standards . . . a program for certification of interstate milk shippers . . . development of model sanitation standards and training manuals for the guidance of States, municipalities, and industry . . . equipment studies and investigations relating to (a) the development of sanitation standards for design, construction, and operation of various items of milk and food equipment, and (b) the approval of items of such equipment which comply with published standards of the Public Health Service . . . inspections of sources of food supplies and food service facilities of interstate carriers, Federal prisons, USPHS hospitals, and national parks.

Current field study or research projects have been concerned with determining time-temperature combinations required for commercial pasteurization of milk, frozen desserts, and concentrated milks . . . sanitation hazards involved in milk evaporating and drying plant operations . . . and methods involved in properly cleaning permanently fixed milk pipelines.

A cooperative State-USPHS program for the certification of interstate milk shippers has been initiated at the request of the Conference of State and Territorial Health Officers, and other public health authorities. A report of the U. S. Senate Committee on Agriculture and Forestry recently urged such a program. Twenty-seven States were participating in this activity at the end of fiscal year 1951.

As part of its advisory service the USPHS develops sanitation standards for milk, frozen desserts, shellfish, and food establishments, which are recommended for voluntary adoption by States, municipalities, and counties. Aid has also been given the Civil Defense Administration in the development of plans relating to milk and food supply aspects of civil defense.

In addition, the USPHS trains State and local sanitarians through personal contacts, regional seminars, and in-service training courses; prepares technical and educational materials for training sanitarians, food handlers, and dairy employees; conducts demonstration schools for milk and food handlers; makes surveys of State or local conditions upon request; and consults with equipment manufacturers and food industry representatives on the sanitary design, construction, and operation of milk and food equipment.

## DEPARTMENT OF AGRICULTURE

*Meat inspection.*—The meat inspection service of the USDA passes on the safety for human consumption, cleanliness in handling, and honesty in labeling of all meat and meat products prepared for interstate commerce. Just before slaughtering, sick or abnormal animals are separated from the others. After the healthy animals are slaughtered every part of the carcass is examined, especially the organs. Approved carcasses are stamped with a little round purple stamp and are moved to retail markets. Products made from meat and lard are also inspected to assure the use of wholesome ingredients and accurate labels.

In cities and States where similar inspection is required by local legislation, meat from locally slaughtered animals intended for use within the area is similarly examined. Localities which desire to establish a meat inspection service may secure from the USDA the Federal regulations on meat inspection, information on the necessary qualifications of employees, and other helps.

*Milk.*—Through cooperative efforts of States and the USDA, tuberculosis has been almost eradicated in animals and progress is being made in eliminating brucellosis. USDA veterinarians have developed a vaccine that protects calves from the latter disease. The city of Chicago has passed an ordinance requiring that all milk sold in the city be from animals certified free from brucellosis; other cities are considering the same action.

Local enforcement of legislation to protect the quality of milk and dairy products has also been greatly aided by methods worked out in the USDA Bureau of Dairy Industry for processing, packaging, and preserving milk and milk products.

## FOOD AND NUTRITION BOARD

Among the newer of the 17 current committees of the Food and Nutrition Board of NRC is the Food Protection Committee which is studying the problem of chemical additives in foods. Another is a Committee on Definitions and Standards of Identity for Foods, appointed in May 1951 to reconcile the adoption of definitions and standards of identity for foods and a tendency for these definitions and standards to restrict the development of new types of food products.

A Committee on Milk Production, Distribution, and Quality has been studying the relation between milk regulations and milk quality. Results of the first part of the study have been published under the title, Sanitary milk and ice cream legislation in the United States, and the second is in preparation.

Enrichment of white bread, flour, corn meal, and rice, and formulation of new bread standards have received attention from the Committee on Cereals.

## MATERIALS

The symbols, e.g., GPO, after the references indicate where the publications may be obtained. The addresses are:

GPO—Superintendent of Documents, Government Printing Office, Washington 25, D. C.

USPHS—Public Health Service, Federal Security Agency, Washington 25, D. C.

FDA—Food and Drug Administration, Federal Security Agency, Washington 25, D. C.

NRC—Food and Nutrition Board, National Research Council, 2101 Constitution Ave., N. W., Washington, D. C.

PMA—Information Services Office, Production and Marketing Administration, U. S. Department of Agriculture, Washington 25, D. C.

BDI—Bureau of Dairy Industry, U. S. Department of Agriculture, Washington 25, D. C.

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### FOOD SANITATION AND WHOLESOMENESS

The food sanitation program of the U. S. Public Health Service. J. D. Faulkner. *Mod. Sanit.* 3: (7), July 1951. Reprints available from Division of Sanitation, USPHS.

Environment and health. USPHS Pub. 84. 152 pp., illus. 1951. GPO, 75c.

The inspection stamp as a guide to wholesome meat. J. R. Mohler, Bur. Animal Indus., USDA. *Misc. Cir.* 63, 1949. 23 pp., illus. GPO, 10c.

Read the label on foods, drugs, devices, cosmetics. FDA *Misc. Pub.* 3, 35 pp., illus. 1951. GPO, 15c.

Definitions and standards for food. FDA Serv. and Regulat. *Announc.* Food, Drug, and Cosmetic 2, Rev. 1, 113 pp., 1951. GPO, 30c.

Report from the Food and Drug Administration. P. S. Dunbar, FDA. *Food, Drug, Cosmetic Law Jour.* 6. 567. Aug. 1951.

Fraud fighters. RKO-Pathe "This is America" series. 16 mm. sound film, 18 min. 1950. (No charge except for shipping both ways. Restricted to nontheatrical, non-commercial, and non-TV use). FDA.

Use of chemical additives in foods. Statement prepared by the Food Protection Committee, NRC, 24 pp. 1951. NRC.

Recommended dietary allowances. NRC Reprint and *Cir. Ser.* 129, 31 pp. Rev. 1948. NRC, 25c.

### MILK

Sanitary milk and ice cream legislation in the United States. A study of laws and ordinances establishing sanitary standards for milk, cream, and ice cream. NRC *Bul.* 121, 59 pp. 1950. PMA.

What every person should know about milk. L. C. Frank, USPHS. *Pub. Health Rpts., Sup.* 150, 12 pp. 1947. GPO, 5c.

Pasteurization and its relation to health. J. Andrews and A. W. Fuchs, USPHS. *Jour. Amer. Med. Assoc.* 138: 128-131, Sept. 11, 1948.

The pasteurization of milk. C. J. Babcock, BDI. *USDA Leaflet* 177, 5 pp. 1949. BDI.

Operation and management of milk plants. C. J. Babcock, BDI. *USDA Cir.* 260, 58 pp., illus. 1947. GPO 15c.

### GENERAL

Factors affecting the nutritive value of foods. Studies at the U. S. Plant, Soil, and Nutrition Laboratory, Ithaca, N. Y. *USDA Misc. Pub.* 664, 28 pp., illus. 1948. GPO 10c.

Published and processed reports of research in foods, human nutrition, and home economics at the land-grant institutions, October 1950—October 1951. Compiled by Christine Justin and Georgian Adams. *Mimeo*, 53 pp. Office of Experiment Stations, USDA, Washington 25, D. C.

### GRADING

A consumers' guide to U. S. standards for farm products. Catherine M. Viehmann, PMA. *USDA Misc. Pub.* 553, 21 pp., illus. 1947. Processed. PMA.

A fruit and vegetable buying guide for consumers. *USDA Misc. Pub.* 167, 61 pp. 1948. PMA.

U. S. grades for beef. *USDA Leaflet* 310, 6 pp., illus. 1951. PMA.

Know your butter grades. *USDA Leaflet* 264, 1949. PMA.

Know the eggs you buy. *USDA PA-70*. Color chart. 1949. PMA.

Questions and answers on government inspection of processed fruits and vegetables. *USDA Misc. Pub.* 598, 26 pp., illus. 1946. PMA.

*Correction.*—Subscription to American School Food Service News (Jan. NCN), which includes membership in the Association, is \$2.00 a year.